

# Iron Wok

CHINESE CUISINE



訂餐熱線

604.228.0777

Free Delivery with minimum order \$20 before tax, some restriction apply

10% OFF for pick up only. (over \$20 order)

#255-2083 Alma Street Vancouver (Jericho Village)

Mon-Fri 11:30 am-2:30 pm 4 pm-10 pm Sat, Sun & Holidays 4-10 pm

Eat in & Take Out





## 頭盤及湯

### 春卷

1. 椒鹽雞翼
2. 蜜汁蒜子雞翼
3. 咖喱魚蛋
4. 煎餃子
5. 風沙雞翼(全翼)
6. 椒鹽餃子
7. 椒鹽雲吞
8. 辣子雲吞
9. 雲吞湯
10. 窩雲吞
11. 雞茸粟米湯
12. 酸辣湯
13. 海鮮豆腐湯
14. 雲吞湯麵
15. 炸餃子

## 素菜

17. 蒜茸芥蘭
18. 四川四季豆
19. 豉汁四季豆
20. 腰果什菜
21. 魚香茄子
22. 咖喱什菜
23. 豉汁什菜
24. 木須素菜(燒餅皮)
25. 馬拉盞四季豆

## 海鮮

26. 四川蝦仁
27. 椒鹽蝦(去殼)
28. 椒鹽蝦(帶殼)
29. 宮保蝦球
30. 腰果蝦球
31. 百加利帶子蝦球
32. 椒鹽鮮魷
33. 豉汁蝦球

## Appetizers & Sops

- Crispy Spring Roll (each)  
Garlic Spicy Chicken Wings  
Honey & Garlic Chicken Wings  
Curry Fish Balls  
Gyoza (10 pieces)  
Dry Garlic Chicken Wings (Whole Wings)  
Dumpling in Spicy Garlic Pepper  
Wonton in Spicy Garlic Pepper  
Wonton in Chili Sauce (Spicy Peanut sauce)  
Wonton Soup  
Wor Wonton Soup  
Minced Chicken Corn Soup  
Hot & Sour Soup  
Minced Seafood with Tofu Soup  
Wonton Noodle Soup  
Deep Fried Gyoza  
(Sweet & Sour Sauce on side)

## Vegetables

- Gai Lan with Garlic  
Szechuan Style String Beans  
String Beans in Black Bean Sauce  
Mixed Vegetables with Cashew Nuts  
Eggplant with Chili & Garlic Sauce  
Mixed Vegetables with Curry Sauce  
Mixed Vegetables w/Black Bean Sauce  
Mu Shu Vegetable (6 crepes)  
Sambal Green Beans

## Seafood

- Szechuan Style Prawns  
Fried Garlic Prawns w/Spicy Salt (shell off)  
Fried Garlic Prawns with Spicy Salt (shell on)  
Kung Pao Prawns  
Prawns with Cashew Nuts  
Prawns and Scallops with Broccoli  
Fried Squid with Spicy Salt  
Prawns with Black-Bean Sauce

## 豆腐

42. 椒鹽豆腐  
43. 什菜豆腐  
44. 四川豆腐  
45. 腐婆豆腐  
46. 魚香茄子豆腐  
47. 豉汁豆腐  
48. 腰果雞粒豆腐

## 牛肉及羊肉

49. 牛肉生菜包  
51. 薑扁牛肉  
52. 豉汁或沙爹牛肉  
53. 四川或咖喱牛肉  
54. 黑椒干炒牛肉  
55. 雪豆牛肉  
56. 芥蘭牛肉  
57. 百加利牛肉  
58. 什菜牛肉  
59. 蒙古牛肉  
60. 蕃茄牛肉  
61. 韓式泡菜牛肉  
62. 薑蔥羊肉  
63. 咖喱羊肉  
64. 四川羊肉

34. 沙參或咖喱蝦球  
35. 炸蝦球(甜酸汁)  
36. 雪豆蝦球  
37. 甜酸魚塊  
38. 椒鹽或粟米魚塊  
39. 豉汁或咖喱魚塊  
40. 四川魚塊  
41. 馬拉盞魚塊或蝦球





Wings with Satay or (Spicy) Curry Sauce	\$10.95
Deep Fried Prawns	
Beet & Sour Sauce on side)	\$10.95
Wings with Snow Peas	\$12.95
Beet & Sour Fish Fillet	\$11.95
Fillet with Creamy Corn or Spicy Salt	\$11.95
Fillet with Black-Bean or Curry Sauce	\$11.95
Szechuan Style Fish Fillet	\$11.95
Wings or Prawns with Sambal Sauce	\$11.95

## fu

Deep Fried Tofu with Spicy Salt	\$8.95
Sliced Tofu with Mixed Vegetables	\$9.95
Szechuan Style Tofu	\$9.95
Po Tofu	\$9.95
Tofu and Eggplant with Chili Garlic Sauce	\$9.95
Tofu with Black Bean Sauce	\$9.95
Sliced Tofu with Chicken & Cashew Nuts	\$11.50

## ef & Lamb

Beef Lettuce Wrap	\$12.95
Beef Fried Beef	\$10.70
Beef w/Black-Bean or Satay Sauce	\$10.70
Beef with Szechuan Style or Curry Sauce	\$10.70
Beef w/ Special Peppery Beef	\$10.95
Beef with Snow Peas	\$10.95
Beef with Gai Lan	\$10.95
Beef with Broccoli	\$10.70
Beef with Mixed Vegetables	\$10.70
Beef w/ Mongolian Beef	\$10.95
Beef with Tomato	\$10.70
Beef w/ Chili Beef	\$10.70
Beef w/ Lamb with Ginger & Green Onion	\$12.95
Beef w/ Lamb with Curry Sauce	\$12.95
Beef w/ Szechuan Style Lamb	\$12.95



## 豬肉

65. 水須肉(6塊餅皮)
66. 咕嚕肉
67. 蜜汁蒜子肉或排骨
68. 香橙豬扒
69. 京都豬扒
70. 椒鹽豬肉或排骨
71. 椒鹽豬扒
72. 蜜汁叉燒
73. 芥蘭臘腸

## Pork

- Mu Shu Pork (6 crepes)
- Sweet & Sour Boneless Pork
- Honey Garlic Boneless Pork or
- Fried Pork Chop with Orange S
- Fried Pork Chop with Gourmet
- Garlic & Spicy Pork or Spare Rib
- Garlic & Spicy Pork Chop
- BBQ Pork with Honey
- Chinese Sausage with Gai Lan

## 芙蓉蛋

74. 招牌芙蓉
75. 雞或叉燒芙蓉
76. 蘑菇芙蓉
77. 蝦芙蓉
78. 素菜芙蓉

## Egg Foo Yong

- House Special Egg Foo Yong
- Chicken or BBQ Pork Egg Foo Y
- Mushroom Egg Foo Yong
- Shrimp Foo Yong
- Vegetable Egg Foo Yong

## 雞及鴨

79. 雞肉生菜包
80. 雞炒四季豆
81. 四川雞
82. 黑椒干炒雞
83. 芝麻雞
84. 宮保雞
85. 腰果雞丁
86. 雪豆雞
87. 馬拉盞雞
88. 百加利雞球
89. 豉汁雞球
90. 咖喱雞球
91. 甜酸雞球
92. 杏仁酥雞
93. 檸檬酥雞
94. 炸子雞(全隻)
95. 炸子雞(半隻)
96. 左宗雞
97. 什菜雞
98. 水須雞(6塊餅皮)
99. 蜜汁蒜子雞
100. 燒鴨(半隻)
101. 椒鹽雞

## Chicken & Duck

- Chicken Lettuce Wrap
- Chicken with Green Beans
- Szechuan Style Chicken
- House Special Peppery Chicken
- Sesame Chicken
- Kung Pao Chicken
- Chicken with Cashew Nuts
- Chicken & Snow Peas
- Sambal Chicken
- Chicken with Broccoli
- Chicken with Black Bean Sauce
- Chicken with Curry Sauce
- Sweet & Sour White Chicken M
- Breaded Almond Chicken Breas
- Breaded Lemon Chicken Breas
- Crispy Chicken (whole)
- Crispy Chicken (half)
- General Tsao Chicken
- Chicken with Mixed Vegetable
- Mu Shu Chicken
- Honey Garlic Chicken
- BBQ Duck (half)
- Garlic & Spicy Chicken

Hot & Spicy

Iron Wok uses only white chick

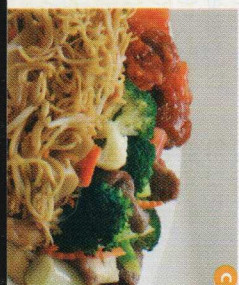
All foods are cooked in zero trans fat canola



<b>煲仔菜</b>	
102. 薑蔥牛肉煲	Beef with Ginger & Green Onion Hot Pot \$10.95
103. 薑蔥雞煲	Boneless Chicken with Ginger & Green Onion Hot Pot \$10.95
104. 八珍豆腐煲	Fried Tofu with Assorted Seafood Hot Pot \$12.95
105. 豆腐魚塊煲	Fried Tofu with Fish Fillet Hot Pot \$11.95
106. 咸魚雞粒豆腐煲	Salted fish with Diced Chicken & Soft Tofu Hot Pot \$10.95
107. 魚香茄子蝦球煲	Eggplants with Prawns Hot Pot \$11.95

<b>炒麵 (軟麵)</b>	
108. 雞絲炒麵	Chicken Chow Mein \$7.95
109. 叉燒炒麵	Pork Chow Mein \$7.95
110. 牛肉炒麵	Beef Chow Mein \$7.95
111. 蘑菇炒麵	Mushroom Chow Mein \$7.95
112. 什菜炒麵	Vegetables Chow Mein \$7.95
113. 星洲炒米粉	Singapore Style Rice Vermicelli \$8.50
114. 上海粗炒麵	Pan Fried Shanghai Noodle with Chicken or Beef (spicy / not spicy) \$8.50
115. 干炒牛河	Pan Fried Noodle with Beef \$8.50
116. 特式炒麵	House Special Chow Mein \$8.95

<b>炒麵 (脆麵)</b>	
<b>Chow Mein (crisp noodle)</b>	
117. 招牌脆麵	Iron Wok Chow Mein \$10.95
118. 豉汁蝦脆麵	Prawns w/Black Bean Sauce Chow Mein \$10.95
119. 豉汁雞脆麵	Chicken w/Black Bean Sauce Chow Mein \$8.95
120. 沙爹牛肉脆麵	Beef with Satay Sauce Chow Mein \$8.95
121. 什菜脆麵	Mixed Vegetables Chow Mein \$8.95
122. 叉燒脆麵	BBQ Pork Chow Mein \$8.95
123. 咖喱雞或牛脆麵	Curry Chicken or Beef Chow Mein \$8.95





## 飯

## Rice

124. 咸魚雞粒炒飯	Salted Fish with Diced Chicken Fried Rice	\$8.95
125. 泰式炒飯	Thai Style Fried Rice	\$8.95
126. 雞或牛或叉燒炒飯	Chicken or Beef or BBQ Pork Fried Rice	\$7.95
127. 蘑菇炒飯	Mushroom Fried Rice	\$7.95
128. 什菜炒飯	Vegetable Fried Rice	\$7.95
129. 四川炒飯	Szechuan Style Fried Rice	\$8.95
130. 招牌炒飯	House Special Fried Rice	\$8.95
131. 楊州炒飯	Shrimp & BBQ Pork Fried Rice	\$8.95
132. 蝦仁炒飯	Shrimp Fried Rice	\$8.95
133. 咖喱雞或牛肉飯	Curry Chicken or Beef on Steamed Rice	\$7.95
134. 四川雞或牛肉飯	Szechuan Style Chicken or Beef on Steamed Rice	\$7.95
135. 沙爹雞或牛肉飯	Satay Chicken or Beef on Steamed Rice	\$7.95
136. 豉汁雞或牛肉飯	Chicken or Beef w/Black Bean Sauce on Steamed Rice	\$7.95
137. 咕嚕肉飯	Sweet & Sour Pork on Steamed Rice	\$7.95
138. 蕃茄牛肉飯	Beef & Tomato on Steamed Rice	\$7.95
139. 豉汁魚塊飯	Fish w/Black Bean Sauce on Steamed Rice	\$8.50
140. 咖喱魚塊飯	Fish with Curry Sauce on Steamed Rice	\$8.50
141. 四川魚塊飯	Szechuan Style Fish Fillet on Steamed Rice	\$8.50
142. 白飯	Steamed Rice	(S) \$1.75 (L) \$2.50

## Side Order

143. Soft Drinks (Can)	\$1.25
144. Sauces	\$1.50
(Sweet & Sour, Lemon, Honey Garlic, Curry, Homemade Hot Sauce, Black Bean, Orange)	

## Party Tray

(S) = Small Tray = 3 times of regular 8 inches aluminum container  
(L) = Large Tray = 5 times of regular 8 inches aluminum container

145. Spring Roll	(12 pieces) \$17.50
146. Beef String Bean BBS	(S) 29.85 (L) 49.75
147. Ginger Fried Beef	(S) 29.85 (L) 49.75
148. Szechuan Style Chicken	(S) 29.85 (L) 49.75
149. Szechuan Style Prawn	(S) 47.85 (L) 79.75
150. Tofu Eggplant with Chilli Garlic Sauce	(S) 29.85 (L) 49.75
151. Lamb with Ginger & Green Onion	(S) 38.85 (L) 64.75
152. Chicken Chow Mein	(S) 23.85 (L) 39.75
153. House Special Fried Rice	(S) 26.85 (L) 44.75
154. Deep Fried Prawn	(45 pieces) 32.85 (75 pieces) 54.75
155. Mixed Vegetables with Curry Sauce	(S) 29.85 (L) 49.75
156. Sweet & Sour Boneless Pork	(S) 29.85 (L) 49.75
157. Beef with Mixed Vegetables	(S) 29.85 (L) 49.75
158. Breaded Almond Chicken Breast	(S) 29.85 (L) 49.75
159. Honey / Garlic Pork	(S) 29.85 (L) 49.75
160. Chicken Wings (Honey / Spicy)	(S) 29.85 (L) 49.75



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